



fitness DEVICES

Which Fitness Device is Best for Me? A guide to choosing the best device for your activity

Types of Fitness Devices



Pedometer

What does a pedometer do?

A pedometer counts your steps as you walk, jog or run. To earn Vitality Points using a pedometer, walk at least 5,000 steps a day. 5,000 steps is a Verified Physical Activity and worth five points. If you walk 10,000 steps or more a day, you will receive 10 points for a Verified Workout!

What distance is covered in 10,000 steps?

10,000 steps roughly equates to between four and five miles.

How does Vitality get my steps?

It depends on your device.

If you have a **Fitbug**, you enter your Vitality ID and dependent code when you register your bug at usa.fitbug.com. Doing so automatically connects your accounts and your workouts will transfer automatically. To transfer your steps to your computer, connect your bug to your computer at least once a week using the USB cable provided in the original packaging.

If you have a **Fitbit**, manually connect your account by going to Get Healthy > Fitness and Exercise > Fitness Devices > Fitbit Activity Tracker > Step 2: Link Your Account. Once you have linked your account, your workouts will automatically transfer to Vitality. Workouts are not retroactively awarded, so we recommend linking your Fitbit account to Vitality the same day you create it. Fitbit steps transfer wirelessly to your computer as long as you have the Fitbit dongle plugged in to your USB port and the Fitbit Connect software running.



Smartphone Applications

Mobile Apps for your Smartphone! If you use **MapMyFitness** and **Nike+**, please make sure you connect your Nike+ app to MapMyFitness so that you receive Vitality Points.

How does the mobile app work?

Both MapMyFitness and Nike+ utilize the Global Positioning System (GPS) in your Smartphone to track your distance and pace. The app combines this information with the information you provide in your profile, i.e., gender, height, weight, age, etc., and calculates the number of calories you burn. You need to burn 200 calories to receive points for a Verified Workout. You can check your calorie count under "Stats" on your app. Please note: All 200 calories must be burned in the same workout.

How does Vitality get my information?

Like Fitbit, you need to link your MapMyFitness account by going to Get Healthy > Fitness and Exercise > Fitness Devices > MapMyFitness > Step 1.



Heart Rate Monitors

How does a Heart Rate Monitor work?

A heart rate monitor uses two parts, a chest strap and a watch, to monitor your heart rate. The chest strap detects your heart rate and transfers that data to the watch which displays and stores the information. You can earn Vitality Points for a verified workout by remaining at or averaging 60% of your maximum heart rate for at least 30 minutes in a single training session. You can calculate your maximum heart rate by following this formula: $220 - (\text{your age}) \times .6 = 60\%$ of maximum heart rate. If you achieve at least 10 minutes at 60% of your maximum heart rate, you will receive five points for a Verified Physical Activity.

What kind of Heart Rate Monitor should I get?

There are many reputable heart rate monitors on the market today. Both Polar and Garmin are able to link directly to Vitality, however if you already have another brand of device, you may be able to import your workouts to Vitality through **MAPMYFITNESS**.

How does Vitality get my information?

If you have a Polar device, you need to make sure that you can transfer the data to your computer, most commonly done through the Polar Flowlink device, and upload that information to www.polarpersonaltrainer.com. You connect to Vitality through the Polar website: Place your cursor over your name in the upper right corner and select Partners to enter the Partners menu. Click on Add a New Partner and select Vitality from the dropdown menu. Enter the last four digits of your Social Security Number, your Vitality ID number, and check the box to accept the data share. This step is very important. Your data will only be transmitted from the date of your registration forward.

If you have a Garmin device, you link your account by going to Get Healthy > Fitness and Exercise > Fitness Devices > Garmin Connect > Step 1: Link your Account.

Other Devices

GPS devices: Garmin GPS watches and Garmin Edge similar to MapMyFitness, these devices use your distance, pace and personal information to calculate the calories you burn. You need to link these devices under Get Healthy > Fitness and Exercise > Fitness Devices > Garmin Connect.

Garmin Swim: Specifically designed for measuring your detailed swim metrics (distance, pace, stroke count, stroke type, etc.) this device connects the same way as Garmin heart rate monitors or GPS watches and will count as a Verified Workout as long as 200+ calories are burned in a single training session.

Which Fitness Device is best for me?

I prefer to walk, jog or hike!

The best device for walkers is a **pedometer**, such as a **Fitbit** or a **Fitbug**. An additional device you may consider is a **mobile app** for your Smartphone.

I prefer to run!

Similar to those who prefer to walk, the best device for runners is either a **pedometer** or a **mobile app**. For those who run/walk for at least 30 minutes and wish to get a more dynamic view of their workout, a **heart rate monitor** is an additional device that both novice and experienced runners can enjoy while earning Vitality Points.

I prefer to cycle!

For cyclists, use a **GPS device**, such as a Garmin Edge or the **mobile apps** MapMyFitness/MapMyRide. Additionally, you may choose to use a **heart rate monitor**.

I prefer to swim!

For swimmers, use either a **heart rate monitor**, Garmin Swim, or if you are an open-water swimmer, a **GPS watch**. Additionally, if your swim at a facility that can provide you with a print-out or email of your check-in history, you may submit that document under Home > Online Form Submission > Health Club Workout for Points.

I prefer to work out at home!

For home workouts, whether you are following instructional DVDs, you have a home gym, or you get your activity by completing rigorous home projects, you may wish to purchase a **heart rate monitor**. You may find more information about fitness devices under Get Healthy > Fitness and Exercise > Fitness Devices.

If you are unsure which device is best suited for your activity, or if you have any additional questions, please contact Vitality Customer Care at 877.224.7117 or wellness@powerofvitality.com.